



5210 Let's Go!

5210 Let's Go! is an easy-to-remember plan to help you and your family implement healthy habits. You can implement these simple lifestyle tips all together, or start with one and work your way up to the full 5210 Let's Go! plan.



**5 servings of
fruits and
vegetables**

Include a fruit or a veggie at every meal.

Pack fruits and veggies as to-go snacks ahead of time.

Buy fruits and veggies that you know you and your family will enjoy.



**2 hours (or less)
of screen time**

Encourage the whole family to decrease screen time to 2 hours or less each day.

Keep TVs, computers, phones and iPads out of bedrooms.

Instead of eating in front of the TV, eat dinner as a family at the dinner table.



**1 hour (or more)
of physical
activity**

Physical activity is more fun when doing it with family or friends.

Try outdoor activities such as playing games, sports, walking, running, biking, dancing, or gardening.

You can do short amounts of activity several times a day until they add up to 60 minutes or more.



**0 sugary or
sweetened
beverages**

Serve water at every meal.

Make water accessible by putting it in a water bottle or serving it at gatherings.

Check your beverage's nutrition label for sugar.

